

# MPOX 101

1. Mpox virus is in the poxvirus family, which include the smallpox virus.
2. Mpox symptoms include: muscle aches, swollen lymph nodes, fever, headache, and rash.
3. Within one to three days after a fever, mpox is characterized by a rash of pustules that can commonly be found on the face, hands, feet, eyes, mouth and/or genitals.
4. Anyone can contract mpox. Mpox spreads through respiratory droplets, close physical contact, touching sores or body fluids, or touching personal belongings that have made contact with sores.
5. If you have symptoms, talk with a healthcare provider, isolate at home, avoid any close physical contact, and wear a mask when around others. The virus is able to resolve on its own after two to four weeks.



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**[alabamapublichealth.gov/mpox](https://alabamapublichealth.gov/mpox)**